


MARCH 2020

DROP IN FITNESS CLASSES

* ALL CLASSES ARE CO-ED *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:00-9:00 Booty Barre 9:15-10:30 TRX</p> <p>No Childminding Sunday</p>	<p>2</p> <p>6:00-6:45 #STRONG/TRX 9:15-10:15 *Ripped Ride 9:15-10:15 Raise the BARRE 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Bells</p> <p>5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:15-6:45 *Express PSYCLE 6:15-7:15 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS 7:30-8:30 YOGA-Peaceful Flow</p>	<p>3</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 GARUDA Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 10:30-11:15 BUTTS n GUTS</p> <p>5:00-6:00 Pilates APPARATUS 5:15-6:15 Interval Bench & Bells 6:00-6:45 *Pure Psyple 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre</p>	<p>4</p> <p>9:15-10:15 Booty Barre SCULPT 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS</p> <p>5:00-6:00 GARUDA Fusion 5:15-6:15 CIRCUIT 6:15-7:00 PILOXING 6:30-7:30 *Ripped Ride</p>	<p>5</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *Biker BARRE 10:30-11:15 *Interval FIT</p> <p>12:10-12:50 BUTTS n GUTS</p> <p>5:15-6:15 Pilates APPARATUS 5:15-5:45 Express Booty Barre SCULPT 5:50-6:20 *Express PSYCLE 6:30-7:00 Express #STRONG 7:30-8:30 ZUMBA</p>	<p>6</p> <p>9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:10-10:55 #STRONG 11:00-12:00 YOGA Afterglow Flow</p> <p>5:00-6:00 Raise the BARRE</p> <p>No Evening Childminding</p>	<p>7</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA</p> <p>Childminding 8:30-11:30am</p>
<p>8</p> <p>8:00-9:00 Booty Barre 9:15-10:15 *Ripped Ride</p> <p>No Childminding Sunday</p>	<p>9</p> <p>6:00-6:45 #STRONG/TRX 9:15-10:15 *Ripped Ride 9:15-10:15 Raise the BARRE 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Bells</p> <p>5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:15-6:45 *Express PSYCLE 6:15-7:15 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS 7:30-8:30 YOGA-Peaceful Flow</p>	<p>10</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX (Strength&Cardio) 9:15-10:15 GARUDA Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 10:30-11:15 BUTTS n GUTS</p> <p>5:00-6:00 Pilates APPARATUS 5:15-6:15 Interval Bench & Bells 6:00-6:45 *Pure Psyple 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre</p>	<p>11</p> <p>9:15-10:15 Booty Barre SCULPT 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 PILOXING</p> <p>5:00-6:00 GARUDA Fusion 5:15-6:15 CIRCUIT 6:30-7:30 *Ripped Ride</p>	<p>12</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 *Biker BARRE 10:30-11:15 *Interval FIT</p> <p>12:10-12:50 BUTTS n GUTS</p> <p>5:15-6:15 Pilates APPARATUS 5:15-5:45 Express TRX 5:50-6:20 *Express PSYCLE 6:30-7:00 Express #STRONG 7:30-8:30 ZUMBA</p> <p>GET TO KNOW YOUR PELVIC FLOOR 8:30-8:30 with Joelle Sykes</p>	<p>13</p> <p>9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:10-10:55 #STRONG 11:00-12:00 YOGA Afterglow Flow</p>	<p>14</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA</p> <p>Childminding 8:30-11:30am</p>
<p>15</p> <p>8:00-9:00 Booty Barre 9:15-10:30 TRX</p> <p>No Childminding Sunday</p>	<p>16</p> <p>6:00-6:45 #STRONG/TRX 9:15-10:15 *Ripped Ride 9:15-10:15 Raise the BARRE 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Bells</p> <p>5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:15-6:45 *Express PSYCLE 6:15-7:15 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS 7:30-8:30 YOGA-Peaceful Flow</p>	<p>17</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 GARUDA Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 10:30-11:15 BUTTS n GUTS</p> <p>5:00-6:00 Pilates APPARATUS 5:15-6:15 Interval Bench & Bells 6:00-6:45 *Pure Psyple 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre</p>	<p>18</p> <p>9:15-10:15 Booty Barre SCULPT 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS</p> <p>5:00-6:00 GARUDA Fusion 5:15-6:15 CIRCUIT 6:15-7:00 PILOXING 6:30-7:30 *Ripped Ride</p>	<p>19</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 10:30-11:15 *Interval FIT</p> <p>12:10-12:50 BUTTS n GUTS</p> <p>5:15-6:15 Pilates APPARATUS 5:15-5:45 Express Booty Barre SCULPT 5:50-6:20 *Express PSYCLE 6:30-7:00 Express #STRONG 7:30-8:30 ZUMBA</p>	<p>20</p> <p>9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:10-10:55 #STRONG 11:00-12:00 YOGA Afterglow Flow</p> <p>5:00-6:00 Raise the BARRE</p> <p>No Evening Childminding</p>	<p>21</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA</p> <p>Childminding 8:30-11:30am</p>
<p>22</p> <p>8:00-9:00 Booty Barre 9:15-10:30 *Ripped Ride</p> <p>No Childminding Sunday</p>	<p>23</p> <p>6:00-6:45 #STRONG/TRX 9:15-10:15 *Ripped Ride 9:15-10:15 Raise the BARRE 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 10:30-11:15 Interval Bench & Bells</p> <p>5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:15-6:45 *Express PSYCLE 6:15-7:15 *PSYCLE & TRX 6:30-7:30 Pilates APPARATUS 7:30-8:30 YOGA-Peaceful Flow</p>	<p>24</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX (Strength&Cardio) 9:15-10:15 GARUDA Fusion 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 *Ride & Roll 10:30-11:15 BUTTS n GUTS</p> <p>5:00-6:00 Pilates APPARATUS 5:15-6:15 Interval Bench & Bells 6:00-6:45 *Pure Psyple 6:15-7:15 Pilates APPARATUS 6:30-7:30 Booty Barre</p>	<p>25</p> <p>9:15-10:15 Booty Barre SCULPT 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 10:30-11:15 PILOXING</p> <p>5:00-6:00 GARUDA Fusion 5:15-6:15 CIRCUIT 6:30-7:30 *Ripped Ride</p>	<p>26</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE 10:30-11:15 *Interval FIT</p> <p>12:10-12:50 BUTTS n GUTS</p> <p>5:15-6:15 Pilates APPARATUS 5:15-5:45 Express TRX 5:50-6:20 *Express PSYCLE 6:30-7:00 Express #STRONG 7:30-8:30 ZUMBA</p>	<p>27</p> <p>9:15-10:15 Strength for Life 9:15-10:00 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 10:10-10:55 #STRONG 11:00-12:00 YOGA-Afterglow Flow</p>	<p>28</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 Essentrics 12:00-1:00 ZUMBA</p> <p>Childminding 8:30-11:30am</p>
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* ALL CLASSES (excluding Pilates APPARATUS) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBERSHIPS

 REGISTERED Pilates APPARATUS classes (email studiopilatesrd@gmail.com for information)

 DROP IN PILATES MAT & FITNESS CLASSES

BOOM BOOM ROOM (Childminding) HOURS

RECEPTION HOURS

MORNINGS

Mon., Tues., Wed. & Fri. 9:00am - 12:30pm
Thurs. 9:00am - 1:00pm
Saturday 8:30am - 11:30am

Monday to Friday mornings 9:00am - 12:30pm
Monday to Friday evenings 4:45pm - 7:45pm
Saturday 9:00am - 12:00pm
Sunday 9:00am - 11:00am

EVENINGS

Mon. to Thurs 5:00 - 8:00pm

403.341.5911

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